

# MEAL PLAN #462

## 1st June 2020

- [1] Green Bowls with Macadamia Cream 15m\*
- [2] Mushroom, Sausage + Feta Hash 15m\*
- [3] Moroccan Egg & Olive Tajine 15m\*
- [4] Mint & Almond Pesto (with Lamb or Chicken) 15m\*
- [5] Parisian Fish with Almond Sauce 15m\*
- [6] SWEET TREAT: Chocolate & Almond Butter 5m\*

★ Approximate time required. m = minutes. h = hours.

### VARIATIONS

**Vegetarian:** [2] Sausages = lentils or chickpeas. [4] Chops = [roast cauliflower](#) + extra nuts. [5] Fish = mushrooms or tempeh.

**More Substantial (Low Carb):** [1] More macadamias. OR cooked protein like chicken. [2] Walnuts. [3] [Zucchini tortillas](#) or avocado. [4] More almonds. [5] Avocado or more nuts.

**More Substantial (Carb Lovers):** [1] Cooked pasta or grains. [2] Pasta. [3] Couscous or rice. [4] Pita or tortillas. [5] [Home made fries](#) or [roast potatoes](#).

**Carnivore:** [1] Sausages or bacon. [3] Sausages or chicken. [5] Chicken or pork chops.

**Paleo (Grain, Legume & Dairy-Free):** [2] Feta = olives or artichoke hearts. Butter = olive oil.

# SHOPPING LIST

## 1st June 2020

### VEGGIES

- 1 bunch broccolini (150g / 5oz) [1]
- 1 large bunch kale [1]
- 600g (21oz) large flat mushrooms [2]
- small bunch dill or parsley [2]
- 1 bag baby spinach or greens [3]
- large bunch mint [4]
- 2 cloves garlic [4&5]
- 3 lemons [4&5]
- 1 bag salad leaves [4]
- 1 bag salad leaves or green veg [5]

### PROTEIN #

- 3-4 thick sausages [2]
- 4-6 eggs [3]
- 6-8 lamb chops or 2 small chicken breasts [4]
- 2 fish fillets [5]

### DAIRY

- 100g (3.5oz) feta [2]
- 2T butter [2]

### PANTRY

- extra virgin olive oil
- salt & pepper

- 150g (5oz) macadamias or almonds [1]
- 2T soy sauce [1]
- 3T rice or white wine vinegar [1]
- 2T balsamic vinegar [2]
- 1t cumin seeds or ground (optional) [2]
- 2t ground cumin [3]
- 1t smoked paprika [3]
- 1 cup passata / puree / pasta sauce [3]
- large handful (50g / 2oz) pitted olives [3]
- 3 handfuls almonds [4]
- 100g (4T) almond butter [5]
- handful roast almonds or other nuts [5]
- 2-4 teaspoons almond or other nut butter [6]
- 2-4 squares dark chocolate [6]

### OTHER

[add your other items here]

### NOTES + SUBSTITUTES

[number] refers to the recipe using that ingredient. Recipes serve 2.

# **Vegetarian** [2] Sausages = lentils or chickpeas. [4] Chops = [roast cauliflower](#) + extra nuts. [5] Fish = mushrooms or tempeh.

**Carb Lovers** [1] Cooked pasta or grains. [2] Pasta. [3] Couscous or rice. [4] Pita or tortillas. [5] [Home made fries](#) or [roast potatoes](#).

't' = teaspoon 'T' = tablespoon

Unless otherwise stated all cans are 400g / 14oz. Standard bag of salad = approx 150g (5oz).

# GREEN BOWLS WITH MACADAMIA CREAM

Enough for 2  
Takes 15 minutes

*150g (5oz) macadamias, roasted  
(some for the sauce and some for crunch)  
1 bunch broccolini (150g / 5oz)  
1 large bunch kale, leaves torn  
2 tablespoons soy sauce  
3 tablespoons rice or white wine vinegar*

1. Place ONLY 100g (3.5oz) of the macadamias in a tall heat-proof jug. Save the remaining macadamias for serving. Pour over 100g (3.5oz) boiling water and allow to stand while you cook the greens.
2. Bring 1cm (1/2in) salted water to the boil in a large saucepan. Meanwhile, slice broccolini into 1/3s. Add broccolini to the pot and reduce heat to medium high. Cover and set your timer for 3 minutes.
3. When the timer goes, add the kale leaves and return the lid. Simmer rapidly for 2 minutes or until the kale and broccolini are tender. Drain and allow to cool for a minute or so.
4. Return greens to the pan. Season with soy sauce and 2 tablespoons of the vinegar. Save the remaining vinegar for the sauce.

5. To finish the macadamia cream, add a little salt and the remaining 1 tablespoon vinegar. Puree with a stick blender or food processor until you have a creamy sauce. Stir in 2 tablespoons extra virgin olive oil. Taste sauce and season with more vinegar or salt if needed.

6. Pile the cooked greens into two bowls. Top with macadamia cream and serve with the extra macadamias scattered over.

# MUSHROOM, SAUSAGE + FETA HASH

Enough for 2  
Takes 15 minutes

*600g (21oz) large flat mushrooms  
2 tablespoons butter  
3-4 thick sausages  
1 teaspoon cumin seeds (optional)  
100g (3.5oz) feta, crumbled  
2 tablespoons balsamic vinegar  
small bunch dill or parsley, chopped*

1. Slice mushrooms into bite sized pieces about 1cm (1/2in) thick. Leave stems on.

2. Heat a large frying pan on a medium high heat. When the pan is hot add the butter and 2 tablespoons olive oil. Add mushrooms and cook, stirring every few minutes until mushrooms are browned and cooked through. At first it will seem like the mushrooms won't fit but they will cook down quickly.

3. Remove mushrooms from the pan and place in a clean bowl. Remove sausage casings and break meat into bite sized chunks. Add sausage meat to the pan with cumin seeds (if using). Cook on a medium high heat, stirring often until the meat is cooked through and browned.

4. Return mushrooms to the pan. Add crumbled feta and cook for another minute to warm them.

5. Remove the pan from the heat and stir in balsamic. Taste and season with salt and more balsamic if needed. Serve in deep bowls with chopped herbs on top.

## MOROCCAN EGG & OLIVE TAJINE

Enough for 2  
Takes 15 minutes

2 teaspoons ground cumin  
1 teaspoon smoked paprika  
1 cup passata / puree / pasta sauce  
4-6 eggs  
large handful (50g / 2oz) pitted olives, halved  
baby spinach or greens, to serve

1. Heat a large frying pan on a medium high heat. Add a super generous glug of extra virgin olive oil and spices. Cook spices in oil for 20 seconds or until you can just smell them. Be careful not to burn.
2. Add tomato passata / puree / pasta sauce and bring to a simmer. Crack eggs into the sauce and simmer, covered for 2-3 minutes or until the egg white has set and the yolks are still runny.
3. Divide baby spinach / greens between two bowls. Top with eggs and sauce and finish with olives. Finish with a drizzle of extra virgin olive oil.

## MINT & ALMOND PESTO (WITH LAMB OR CHICKEN)

Enough for about 1 cup of pesto,  
with lamb / chicken serves 2  
Takes 20 minutes

large bunch mint, leaves picked  
1 small clove garlic  
3 handfuls almonds  
1/2 cup extra virgin olive oil  
2 tablespoons lemon juice  
6-8 lamb cutlets or 2 small chicken breasts  
salad leaves, to serve (optional)

1. Whizz mint, garlic and almonds in a food processor until finely chopped.
2. Add oil and a little lemon juice and mix. Taste and season with salt, pepper and extra lemon if needed.
3. Heat a frying pan or your BBQ on a medium high heat. Add lamb or chicken and cook for 3-4 minutes.
4. Turn the lamb / chicken and cook for another 3-4 minutes or until you're happy.
5. To serve, divide cutlets / chicken between 2 plates and top with pesto and salad (if using).

## PARISIAN FISH WITH ALMOND SAUCE

Enough for 2  
Takes 10 minutes

100g (4 heaped tablespoons) almond butter  
4 tablespoons water  
1 clove garlic, minced  
2 tablespoon lemon juice + halves to serve  
2 fish fillets  
salad leaves or green veg to serve  
roast almonds or other nuts

1. For the sauce mix almond butter, water, garlic and lemon juice in a small bowl until it is smooth and creamy. Season with a pinch of salt. Taste and add more salt or lemon if needed.
2. Heat a medium frying pan on a medium high heat. If the fish has skin, score the skin 3-4 times to help prevent it curling up. When the pan is hot add a little glug of oil and cook fish skin side down for 3-4 minutes. Turn and cook for another 2-4 minutes or until the fish is cooked to your liking (thicker fillets may take longer unless you like them quite rare in the middle).
3. Smear sauce over the base of two plates in off centered circles. Top with hot fish (skin side up). Place salad or veg on the side and scatter over almonds and finish with lemon halves.

# CHOCOLATE AND ALMOND BUTTER

Enough for 2  
Takes 5 minutes

*4-6 teaspoons nut butter (see variations  
for ideas)*

*2-4 squares dark chocolate (70% cocoa  
solids or higher)*

*pinch sea salt flakes*

**1.** Divide nut butter between two tiny bowls or glasses. I use Chinese tea cups.

**2.** Break chocolate into bite sized fingers. Dip them into the peanut butter. Sprinkle with sea salt flakes.

To access the meal plans & recipes online go to:

**[www.stonesoupvirtualcookeryschool.com](http://www.stonesoupvirtualcookeryschool.com)**

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